

Lectio Divina

Praying with Scripture

Lectio Divina is a slow, contemplative praying with scripture which has long been used in the monastic tradition. It invites God to speak into our life through scripture and for us to respond.

Step-by-Step Lectio Divina

The following step-by-step guide could also help you pray with a Bible passage.

- Choose a text from Scripture that you wish to pray.
- Make an act of the presence of God.
- Ask for what you want from God in this time of prayer. Ask too for the help of the Spirit as you pray.
- Read the text slowly, until a word or phrase catches your attention, or somehow says, "I am for you today."
- Chew over, ponder upon the word or phrase. Let it speak into your life.
- Allow this reflection to invite you into dialogue with God, sharing what is with you.
- Rest in God. When ready return to the text and continue reading.
- At the end of your prayer time, finish with a prayer such as the Our Father.

Bear in mind that each person will engage with the God through the text in their own way. There is no right or wrong way! Don't worry if nothing gets your attention when reading the passage.

LECTIO DIVINA

Read...

Reflect...

Respond...

Rest...



A Sample Text for Lectio Divina

An invitation to prayer: Psalm 23

Using the four steps of Lectio Divina, use the following psalm to pray. Let the Spirit lead your eyes as you read the psalm and see what God is trying to tell you.

*The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.*

*He guides me along the right paths;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your
staff;
with these you give me comfort.*

*You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.*

*Surely goodness and kindness shall follow
me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.*

